

ARBORIVITAL MEDICINE.

BEING AN INQUIRY INTO THE CURATIVE POWERS OF SOME OF
OUR COMMON FIELD AND GARDEN PLANTS, JUDGED
OF BY THE DISEASES OF THE EAR.

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(Continued from March, 1894.)

LEMNA MINOR (*continued*).

IN proceeding with the consideration of the action of this remedy, I must consider myself fortunate in having the following case to bring forward :

I.—A boy of fourteen, whose nose was completely blocked up for the last two years, and whose nostrils were full of polypi, the nose

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itself being broadened, and in whom the nose had been cleared out by operation a year ago at St. Bartholomew's Hospital, was sent to me by my colleague, Dr. J. H. Clarke. The boy never remembers having smelt anything ; and the polypi can be easily seen blocking up both nostrils.

From the 26th of November, 1892, to the 4th of March, 1893, four doses of *lemnna m. φA* were given at intervals, without much change ; then *calcarea carbonica* 200 was given, and two weeks after, as he had faceache, *mercurius* 3d dec., and on the 8th of April following the faceache was better ; but the nose in no way improved.

Then, *lemnna* was given again, and this time with the most pronounced relief ; the nose became much clearer; and he went on taking it, and it alone with scarcely an exception, in fortnightly doses, till the 14th of March last, when his nose was quite clear, with none but a very small polypi visible, he could breathe freely, and his sense of smell had completely returned.

The delay in the manifestation of remedial change from November to March, arose from complete blockage of the nose ; and until the space created by the subsidence in the size of the polypi sufficed for a passage of air, the patient had no reason to acknowledge relief.

In the treatment both of swollen tonsils and in that of nasal polypi, the prescriber will be led away at the onset who accepts the testimony of the patient alone ; he should make careful inspection of the parts, and be guided by what is often but a slight local change, as well as by concomitant, and it may be remote, symptoms.

II.—The next case I have to bring forward, is one of *ozœna*, in a girl of sixteen, who had been three years under the treatment of a colleague who kindly sent her on to me for treatment at the London Homœopathic Hospital. This girl, whose occupation was a teacher, had had *ozœna* since three or four years old. The odor complained of was horrid, and the discharge excessive ; a most unpleasant smell in the nose and nasty taste in the mouth ; she takes cold easily if out in the night air or damp, and her nose, at times gets stuffed up ; bowels irregular ; catamenia only twice—once three months ago, and two months before that.

On December 30, 1893, I prescribed *lemnna minor* ; and she returned to me from the country where she was living on the 31st of the following March, imploring me for another powder, as she had been almost well for two weeks after the last, and then had relapsed to her old state—breathing is short, and is low-spirited.

21st of April, very much better ; odor not nearly so bad, discharge much less ; unmedicated pilules, three times a day.

19th of May, 1894, kept better for a month ; took cold two weeks ago, and since then, throat has felt thick and nose has discharged with a horrid odor. Catamenia regular. Breathing is better ; crusts coming from both, worse on the left side. To have *lemlna minor*.

This patient came from a distance, which prevented frequent attendance ; but the above is quite sufficient evidence of the power possessed by *lemlna m.* in acting upon the nasal mucous membrane.

In both these cases relief was immediate after the administration of the dose ; and in neither case could any reasonable doubt exist as to its being drug effect.

In some cases I have known a certain disturbance of the bowels to set in after a dose of *lemlna* ; but this effect of the remedy is not sufficiently pronounced to be able to say much about it. Still it is interesting to narrate one or two experiences, especially as in the first of these, at all events, the concomitants were interesting.

III.—In a married lady, aged about 26, for whom I prescribed *lemlna m. φA*, on Saturday afternoon, November 12, 1892, and in whom there existed a good deal of catarrhal pharyngitis, due to high up post-nasal ulceration, and who suffered from a dry feeling at the top of the throat, with flatulence, and some pain in the bowels towards the evening, described as "twisting" pain, and in whom the nose was blocked on the right side, but without any visible polypus, and in whom the heart was easily disturbed, causing dyspnœa, the bowels being slightly confined.

Two weeks subsequently, she stated that after the dose of *lemlna* the nose felt less blocked, and she felt better in every respect ; but that on the Tuesday following, diarrhoea set in, which began with twisting pains in the bowels, and went on to sickness ; continual watery stools. The least chill or nervousness, I must say, upsets her in this way ; and she was subject to the same, the last two cata-menial periods. She still wakes with her throat dry and tongue coated. Borax 2x was then (November 25th) given without any noticeable effect ; and on the 9th of December, *lemlna minor φA* was again prescribed for the following symptoms :

Mouth sore after talking or singing, and dry in the morning ; tongue coated.

On the 23d of December, reported herself much better ; tongue not so coated ; heart less disturbed ; no indigestion or diarrhoea.

Nose not perfectly clear, but no unpleasant smell or taste, as she

used to have, and throat no longer dry or uncomfortable. Instead of waking up with a dirty mouth, it feels clean, and her taste pure.

IV.—A man, aged 47, who suffered from old-standing vascular deafness, and who especially complained of snoring a great deal, was given *lemnæ minor* ; and next day, a rumbling and disturbance in the bowels set in, and he felt as if he had taken medicine of a searching character. This lasted for three days, bowels acting during this time freely, with much heat in the passage (anus) ; but was not bilious, nor were the motions diarrhœic ; the snoring went away, and he ceased to dream unpleasantly when asleep. Hearing, too, seemed somewhat improved.

V.—In another case, after a similar dose, diarrhœa came on next day, with pains across the bowels as from flatus ; worse after eating, and a very putrid taste, with an improvement at the same time in a stuffiness of the nose from which he was suffering.

VI.—Crusts form in the right nostril and pain like a string extends from the right nostril to the ear of the same side, and right ear is deaf. (In a woman, aged 26, great relief.)

It is with great pleasure that I have now to bring forward, not my own observations, but those of two valued colleagues. Dr. J. H. Clarke sends me the following :

LEMNA MINOR, CASE I.—A lady, aged 47, two years previously met with an accident ; a sign-board fell on her head when out walking in the street. Seven days after that was taken with sneezing attacks, suffered from nasal catarrh with little intermission until March, 1893, when she came under my care. *Psorinum* 30 soon put a different complexion on the case, and she became so far relieved of her trouble (which had made her life almost unbearable, as she never dared make an appointment for fear of an attack coming on) that she discontinued treatment. Last Christmas a sharp attack of influenza brought back the catarrh, and this time it proved less amenable to treatment.

Fears of polypus distressed the patient, though I could not discover any.

However, she again made progress, but scarcely as rapid as I could have wished, when I thought of giving her *lemnæ*, on indications given by Dr. Cooper.

On February 15, 1894, I gave it in the 3x, one tablet four times a day.

February 22d, very much better. Has felt freer in the head than

at any time during the last ten years. Has felt very much better generally ; spirits braced up.

She steadily progressed to cure, and by March 15th could endure the smell of strong scented flowers, which before was impossible.

CASE II.—Captain B., aged 44. Consulted me on February 29, 1894, for violent neuralgia on the right side of the neck, the part being exquisitely sensitive to touch. He had cough and cold for a month. On getting up in the morning, he filled two pocket-handkerchiefs with yellow defluxion before he got his nose clear. I gave him bell. 12, to take till the neuralgia was better, and then told him to take *lemnna* 3x. gtt. j. three times a day.

On March 9th, he reported that the bell. speedily took away the neuralgia, and that then the *lemnna* cleared off the catarrh in a most astonishing fashion. He never had a medicine to act so magically before.

30 CLARGES STREET, PICCADILLY, W.
APRIL 21, 1894.

The next communication that I have to bring forward is one from Dr. J. C. Burnett :

" Dr. Cooper told me that he had relieved a case of nasal polypus with *lemnna minor*, and having several cases of the kind that had long been under my observation, I thought it my duty to give them the benefit of *lemnna*.

CASE I.—A gentleman of 60 years of age, with nasal polypus only moderately developed, yet of many years' duration, was much troubled by the chronic nasal obstruction which was markedly worse in wet weather.

I gave him *lemnna* 3x, five drops in water night and morning. Returning in a month, he exclaimed, ' that is the best tonic I have ever taken ; I have never taken any medicine in my life that has done me so much good. I feel quite comfortable in my nose and can breathe through it quite well.'

CASE II.—A lady, about 45 years of age, mother of a large family, and whom I had formerly cured of an uterine tumor, was so troubled with nasal polypi that her life was very distressful ; moreover, the polypi had swelled so much that they hung out of the nostrils and compelled the patient to remain within doors. This was notably the case in wet weather. Why not have them removed chirurgically ?

' Oh, I have had them operated on over and over again, but it's no good ; they only come again worse than ever.'

I had tried many things to cure these polypi, but in vain ; they would get temporarily better, but the first rainy weather brought them back worse than ever ; hence Dr. Cooper's recommendation of *lemona* was very welcome to me.

I ordered, as in the last case, with the result that the polypi very greatly diminished in size, and the patient could again take her place in society.

I have used *lemona* in many other similar cases, and with the like result. In no case is the polypus really cured, but greatly diminished in size, and the patient rendered relatively comfortable. Clearly the *lemona* does not either kill, cure, or otherwise get rid of the polypi, but it rids them of much of their succulence, and thus reduces their volume, and also diminishes the influence of wet weather to which such patients are so prone. And this is no small boon ; is itself in every way superior to any operative interference. The tincture I made use of was made by Dr. Alfred Heath. The first prescription only being of Dr. Cooper's own make. Both acted alike well."

86 WIMPOLE STREET,
JUNE 4, 1894.

From these remarks of Dr. J. H. Clarke and Dr. J. Compton Burnett, as well as from my own, I think there can be no doubt whatever that the *lemona* exercises a powerful influence upon the Schneiderian mucous membrane. How far it is capable by its specific action of removing large groups of polypi remains as yet an open question.

My own experience of the treatment of nasal polypi is that we have very few remedies that can at all be depended upon for giving even temporary relief. Even from *calcarea carbonica* and *teucrium verum marum*, I have not had the effects that some practitioners testify to their possessing.

Lemna has so far given relief in my hands to cases of nasal polypi and to cases where the nostrils were plugged by swollen turbinates and other causes in a manner far surpassing the effect I have obtained from any other remedy.

In saying this I do not at all wish it to be understood that we have in it a specific for all such cases.

We must remember that the symptoms in all such obscure diseases must be our guide for the selection of our remedy, and that, therefore, the important point is to work out the specific indications for the drug, as we learn them from clinical observation, in the hope

that on some future occasion pathogenesis may render these still more certain.

The indications that I myself have noticed as belonging to lemma are either *a putrid smell in the nose or a loss of all sense of smell* ; and *a putrid taste in the mouth, especially on rising in the morning, with a general foulness of the mouth, due apparently to the dropping down of impure material from the post nasal region*. Along with this there sometimes seems to prevail *a disposition to "noisy diarrhœa."*

Dr. Burnett has noticed that lemma patients have their nasal symptoms *aggravated in damp and rainy weather*, and I have to some extent confirmed this observation.

I hope on some future occasion to return to the subject of lemma ; it is in every way well worthy of being prosecuted further.

Thus, for example, a lady patient, aet. 58, suffering from pains flitting about her head and legs, with pains in her eyes during heavy rain, and in whom drowsiness by day and restless sleep at night existed, had all these symptoms removed by a single dose of lemma ; and the pallid, dullish, sickly look in her face changed to a complexion that was natural and healthy.

The truth would seem to be that lemma's symptoms are specially aggravated in heavy rains ; calendula's when heavy clouds are about, rhododendron's in thunder storms, and dulcamara's in damp surroundings and in foggy weather.

VIOLA ODORATA.

It may interest the readers of this journal to learn further particulars regarding the case of chronic choroiditis given partially in our last article.

After the headache being removed, the sight continued to improve, and on November 17, 1893, the lady wrote me to say, " I am quite well without an ache or pain ; I could not read for years without dire results ; last week I had several books I wanted to wade through in order to pass them to a friend ; I read almost incessantly for four days, and wonderful to relate I never had a vestige of pain in my head. . . . I can see to read at night, and there is no irritation or dimness. In this benighted part of the world there is no one able to play the harmonium in church, so I am obliged to manipulate the keys ; for months I have sympathized keenly with the congregation ; the discords were simply distracting owing to my inability to see the notes. The other Sunday evening, although I had only two candles, I could see perfectly, and by way of experiment

I sat as far back as I possibly could, and so to speak, the music stood out in bold relief, every line quite clear, and very often I can see to read better without my glasses than with."

In reply to this I ordered the immediate discontinuance of glasses, and on the 27th of the same month received a letter from which these are extracts :

" I discontinued my glasses the morning your letter arrived ; the first day my eyes were very weak as if they had been overstrained by the glasses ; they are getting stronger every day. I can see everything in a room, down to the color and pattern of the carpet ; out of doors I can see the trees, hedgerows, and mountains ; and I am able to recognize people in the road. I can see to read, and the print does not appear to be blurred as it used to be. I did the music yesterday without glasses, but it was a rather difficult feat to accomplish, still I got through without collapsing. . . . I can manage everything remarkably well except the music in church, but I hope in a few Sundays I shall find less difficulty. No one has the least conception what a delight it is to be able to see after having been nearly blind."

Without burdening the readers of the journal with further particulars, I pass on now to the 10th of March, when the patient wrote to me as follows :

" I have been unwell this week, and on Monday I had a slight headache, so slight that it scarcely caused me any inconvenience. I also felt rather sick ; it passed away in the evening but returned with a little more severity on Wednesday morning, and continued until Thursday morning. I again felt sick ; the first day the pain was through my head, the second day about an inch or two above the right ear ; it was not severe and distracting like my old headache ; it was a very mild form of attack, and I do not think there was any affinity between it and the pain of former days. I cannot assign any cause except that I was unwell at the time ; it is a very rare occurrence for me to feel sick ; I have not been really sick many times in my life."

In reply to this letter I forwarded *viola odorata* ϕ A as before, in September, and on the 23d of March received a letter from which these are extracts :

" I took the powder on the 13th. I am in very good form just now and must be very strong. It is almost incredible the amount of strength I have picked up since my old enemy has put on better manners. I get over such a lot of ground every day. I walk miles

and enjoy this delightful exercise most thoroughly and never feel fatigued or exhausted. I have such a splendid appetite, I think I must be rather expensive to keep. Sometime ago I was visiting friends, and my host remarked one morning that I was so cheap to keep that I was welcome to stay in his house all the days of my life. I am perfectly sure he would not like to maintain me now. Evidently the food I consume nourishes me. My sight is extremely good. I will not trouble you with full details. I am positive there cannot be much disease, if any, at the present moment, and I firmly believe my eyes are as healthy as any pair in Denbighshire. I am just like a child with a new toy. I am constantly testing my ability to see distant objects, and the result is invariably delightful."

In a subsequent letter in reply to my inquiry as to how the last powder had acted, she stated there was no noticeable effects from it, beyond making her feel stronger ; and there has been no trace of any further headache ; a letter dated May 11, 1894, ends in saying, " I am quite well and my sight is in splendid order thanks to your kindness."

I wrote to the oculist under whom this patient had been, asking him to favor me with details of his notes of the case, and specially with the results of his examinations, which I understood to have been made about a year before I had prescribed for her, and I was favored with a polite promise from him of compliance with my request, provided the patient gave permission. This permission, I need hardly say, I succeeded in obtaining ; but what I did not succeed in obtaining was any further communication from the gentleman referred to. Conduct such as this has, however, the merit of not being able "*to beat record.*" The scientific mind after all does not seem to be the impartial, disinterested, and truth-loving affair that it is sometimes represented to be.

30A GEORGE STREET, HANOVER SQUARE, W., LONDON.
